

Group leader instructions Regret *Year 2 version*

This is a time for you to think about the things that you wish had gone differently while you were at this school. To bring those feelings of regret to God and leave them with Him.

Think back over your time at this school.

- Is there anything that you are sorry that you **did** to someone at school?
- Is there something that you are sorry you **said** to someone at school?
- Is there a time when you could have helped someone or said something kind, but you didn't?
- Is there something that you wish you had joined in with at school?

- Think about these things, you may want to talk to God about them.

- Then take your piece of vitamin tablet and drop it into the clear water.

- Watch as it fizzes and dissolves.

- As you see the tablet get smaller imagine that these are the things you regret getting smaller as God helps to take them away.

Group leader instructions Regret Year 6 version

This is a time for you to think about the things that you wish had gone differently while you were at this school. To bring those feelings of regret to God and leave them with Him.

Think back over your time at your primary school.

- Is there anything that you are sorry that you **did** to someone at school?
- Is there something that you are sorry you **said** to someone at school?
- Is there someone that you have fallen out with?
- Is there a time when you could have helped someone or said something kind, but you didn't?
- Is there anything that you wish you had tried or had a go at when you were offered the chance, but you didn't?
- Is there anything that you think "I wish I had....."? Maybe an opportunity you didn't take, or something that you wish you had done differently.

- Think about these things, you may want to talk to God about them.

- Then take your piece of vitamin tablet and drop it into the clear water.

- Watch as it fizzes and dissolves.

- As you see the tablet get smaller imagine that these are the things you regret getting smaller as God helps to take them away.